
The Heat Is On; The Salvation Army Offers Respite

(Aug 2, 2008 - 9:34 a.m.) The National Weather Service issued an excessive heat warning for Maricopa County for Saturday, August 2, 2008. The Salvation Army Emergency Disaster services will have 8 Hydration Stations throughout the Valley. At each location, The Salvation Army will provide chilled bottled water, respite, safety information and also transportation assistance, if needed, to individuals in or potentially in distresses due to the heat.

The Salvation Army will be participating in the Maricopa County Multi-site Mass Vaccination Exercise. The Salvation Army will be passing out water at each of the locations to individuals at each site. Water will be distributed at these sites from 8:30 a.m. to 2:30 p.m.

Roosevelt Immunization Clinic: 1645 E. Roosevelt Phoenix, AZ 85006
Central High School: 4525 N. Central Phoenix, AZ 85012
Sunrise Mountain High School: 21200 N. 83rd Ave Peoria, AZ 85382
Independence High School: 6602 N. 75th Ave Glendale, AZ 85303
Mesa Immunization Clinic: 423 N. Country Club Drive Mesa, AZ 85021
Chandler High School: 350 N. Arizona Ave. Chandler, AZ 85248
Heat Tips:

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Keep an eye on those at risk - Check on elderly neighbors, homeless, or mentally ill who may need your help when the weather is dangerously warm.

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Cars and heat don't mix - NEVER leave children, pets or people needing special care in parked cars when the temperature is high.

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Remember your pets - Pets also need water, shade, and a cool place to rest.

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Drink plenty of water - Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.

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Cover your head - When you have to be outside in the sun, make sure you and your small children have your heads protected.

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Keep fresh air circulating - If you are not in a building with air conditioning, keep some windows or doors open slightly so fresh air can come in.

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Baths and showers are good - Cool down with frequent cool baths or showers, but do not take a shower immediately after becoming overheated. You may cool down too quickly and become ill or dizzy.

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When working outside - If you must work outside - take precautions - wear proper clothing, take frequent breaks, try and work during the very early morning hours, cover your head, drink plenty of water and slap on sunscreen that is SPF 15 or higher.

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Stay cool indoors - Stay inside and, if at all possible, in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library - even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

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Map to Water Hydration Stations and Heat Refuge Locations

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Map to Water Collection and Donation Sites

County and state health officials are urging residents to take precautions to prevent heat-related illnesses or death.

People suffer heat-related illness when the body's temperature control system is overloaded and the body can no longer

cool itself. As long as blood is flowing properly to the skin, extra heat from the body is pumped to the skin and removed by sweat evaporation. If fluids are not replaced soon enough, heat stroke can result, potentially leading to brain damage or death.

Symptoms of heat illness include heavy sweating, muscle cramps, weakness, dizziness, nausea, weak but rapid pulse and headaches. People with these symptoms should find shade, drink water slowly and make sure there is good ventilation.

Staying in an air-conditioned area, either at home or in a public place such as a mall, library or recreation center is the most effective way to fight heat. If air conditioning is not available, pull the shades over the windows and use cross-ventilation and fans to cool rooms. A cool shower or bath also is an effective way to cool off. Limit use of stoves and ovens to keep home temperatures lower.

(Source: The Salvation Army, Arizona Department of Health Services, Maricopa County Public Health, National Weather Service)